

COVID 19: TOGETHER WE CAN FIGHT

Novel Coronavirus disease was discovered in China in December 2019, renamed as COVID 19, is an infectious disease caused by the newly found virus, SARS-CoV-2. The name comes from the Latin word "corona", which means "crown" or "halo", and refers to the shape of the virus particle when viewed under a microscope. Older and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness.

Stages of COVID 19

Stage 1 – Cases imported from affected countries

Stage 2 – Local transmission from positive cases

Stage 3 – Disease spreads in community, large areas get affected with unknown reasons

Stage 4 – Disease takes shape of an epidemic with no clear end point. Ex: China and Italy.

Currently **India is on the verge of Stage 3.**

How does COVID 19 spread?

COVID 19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID 19 infected person. This can happen in two ways:

- **Direct close contact:** One can get the infection by being in close contact with COVID 19 patients (within one meter of the infected person), especially if they do not cover their face when coughing or sneezing.
- **Indirect contact:** The droplets survive on surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one's mouth, nose or eyes can transmit the disease.

The incubation period of COVID 19 (time between getting the infection and showing its symptoms) is 1 to 14 days. Some people with the infection, but without any serious symptoms can also spread the disease.

Symptoms of COVID 19

- *Common symptoms include –*
- Fever
- Tiredness
- Dry cough

- *Other symptoms include –*
- Shortness of breath
- Sore throat

Precautions

- Wash your hands regularly with soap and water or clean them with alcohol based hand rub.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose when you cough or sneeze.
- Ensure respiratory hygiene.
- Boost your immunity

Our social responsibilities and duties

- Practice social distancing (minimum 1 meter) by avoiding unnecessary travel and by staying away from large groups of people.
- Stay home if you are feeling unwell.
- Strictly abide by government rules and regulations.

Adhere to lockdown. Stay home stay safe and save lives!